

10-Day Rules for Care of Your Constitu- tion and Nerves.

Several accounts have recently been published of people who have lived to an advanced age, 80, 90 or a greater number of years being scored to their credit; and wide awake housewives are inquiring the secret of such longevity and the good health, that usually accompanies length of days, that their family may be benefited by the knowledge.

Simple living, simple habits, abundance of fresh air and regular exercise is the usual answer to these inquiries. But as a rule there is an important adjunct to these—it is a vigorous constitution inherited from some strong ancestor a generation or so back; but where one is found with such an inheritance there are many with comparatively no constitutional endurance. As a result when active diseases are not present, there are weak flabby muscles, imperfect digestion, feeble circulation and a train of evils that follow.

To such people "an ounce of prevention is worth a pound of cure." They must husband and build upon what they do possess, or life with its possibilities for pleasure and usefulness, will hold little for them. Much may be done in this line by intelligence and pharmacy.

As breathing is the fundamental law of existence it is quite worth while to know if the air inhaled is pure or impure. Pure air, meet the blood in the lungs, is nature's great plan of life. A practical physician says, "Above all, to strengthen the lungs, nothing is so good as to inhale long drawn breaths of pure air through the nostrils many times a day, expanding the lungs fully each time." He asserts that this practice alone has saved many patients to whom it has been ordered, who would otherwise, in all probability, have died soon of consumption.

To the sedentary, or those employed indoors, it is a good practice to step out or to the door or window, and inhale a few draughts of fresh air, it will brighten one up wonderfully, and is a cheap and easily applied remedy for many ills.

On baking day, for instance, if one is working over a hot stove, tired, warm and doubtless cross, drop the frying pan or pie plate, let the next pan of cookies wait a minute, and you, with sufficient protection, rush to the open door, or out of doors, and breathe and breathe, for the space of five minutes. The baking will progress all the more swiftly after this little respite, and the whole system will be refreshed.

To the teacher in the school-room, with many restless youngsters oftentimes with hot head and weary brain, a few deep breaths of pure air at the end of each hour is a good tonic one will not easily relinquish when once applied. If those whose reserve is small do not husband their strength and cling to know health rules and preventives, they must pay the penalty. Even when one acts according to his highest light there are pains and weaknesses, still, the chances are less.

The great prevalence of "neuralgia," or what commonly goes by that name, should be regarded as a warning condition, indicating a low state of health, which must render those who are affected with this painful, maddening, especially susceptible to disease. Neuralgia indicates a low or depressed state of vitality, and nothing so rapidly exhausts the system as pain, that prevents sleep and agonizes both body and mind. It is worth while to notice the constitutional danger of which it is a warning.

In the meantime we must cure the local pain as well as search for its cause. Systematic bathing of the affected parts is excellent, and friction with the hand. For neuralgic headache squeeze the juice of lemon in a small cup of strong coffee and drink. This will usually afford relief. Tea is said to increase neuralgic pain, and should not be used by people afflicted with it. Hot mustard water is also a safe application, and oftentimes effective in quieting pain, but constitutional treatment is the only permanent cure. Needless waste of vitality in any direction is wrong. Overwork, lack of sleep, undue exposure to cold, all tell upon the

Biliousness

is caused by liver, which prevents digestion and permits food to ferment and putrefy in the stomach. This follows constipation, indigestion, and nervousness, and is cured by Hood's Pills.

Hood's Pills are made of pure vegetable matter, and are not injurious to the system. They are the best, most reliable, and most effective of all the pills ever made. They are sold by all druggists, and can be had by mail for 25 cents a box.

A. M. CARROLL, Manager,
317 Union Street, Nashville, Tenn.

S. H. NEWBOLD, Manager,
342 W. Main Street, Louisville, Ky.

R. G. ROUSE, Manager,
Palmer House, Broadway, Paducah, Ky.

CAPT. T. L. LEE, Manager,
Cor. Main and Auction Sts., Memphis, Tenn.

A. S. FORD, Manager,
327 Upper Second St., Evansville, Ind.

Wholesale Agents, JOHN T. HESSER, Hauser Building, St. Louis, Mo.

J. W. BRIDGMAN, Room 85, Hartford Building, Chicago, Ill.

Keep a Sharp Lookout for Fresh Items of Interest to the Retail COAL and COKE TRADE, which will appear from time to time, permanently occupying this space.

SOMETHING WORTH KNOWING.

The most American Bituminous coals must be the coal (i.e., bit-water) in all cases where coals are made with foreign coals, for the very simple and over-ruled reason that the foreign miners are practically at tide-water, while ours are 300 miles inland. There is no possibility that this mileage can ever be done less than \$1.00 per ton, which will make the comparative cost of production as follows—United States, \$1.00; Canada, \$1.00; Great Britain, \$1.10; and Germany, \$1.30.

It will be seen, then, that the cost of coal at tide-water is higher in America than elsewhere, and that our duty, applying only at tide-water, should be \$1.00—\$1.10—\$1.30, instead of 40 cents in order to keep our coals at a parity with Great Britain.

West Virginia and Kentucky coal show an increase for the past month of 100 tons and for the year of 50,164 tons. While coke for November has decreased receipts of 7,560 tons, but an increase for the year of 37,701 tons.

Last week a local operator, who has large interests in the Pennsylvania bituminous coal-fields, at the joint convention of operators and miners at Pittsburgh, scored the independent mines over most unmercifully. He called them industrial machines, and said that the "venditors who produce such abject poverty, misery and want by their refusal to pay decent wages, are commercial and moral villains."

The report called from England that her coal mines will be practically exhausted in two years will not affect serious thought to the present generation, and as for those succeeding, America will be abundantly able to supply their needs, as her fields have been scarcely touched.

The miners in Leavenworth, Kan., held a meeting in that city recently to adopt resolutions against the placing of pecuniary coal in open market. They asked that the coal be used only for State institutions.

The two hundred miners at Sherrillville, O., have resumed work at 50 cents per ton, a reduction of 10 cents. The miners have been idle two months.

constitution, and in the end show bad results. Because someone with strong, robust, vigorous habits, accomplishes a certain amount of work in a given time it is no reason why her neighbor, with much less life force, should attempt the same.

In the domestic treatment of colds and sore throats almost every mother has some good remedies, and simple tested remedies should be kept convenient in every home. A good treatment for sore throat is to buy at the drug store some amount of camphorated oil, and five cents' worth of chlorate of potash. Whenever any soreness appears put the potash in a tumbler of water, and with it gargle the throat thoroughly and rub the neck thoroughly with the camphorated oil before going to bed at night, and place around the throat a small strip of flannel.

These simple home cures, applied as preventives, will often ward off a serious illness, and, after all, it is being careful, and thoughtful in the small everyday matters of diet and exercise and simple home life that will bring the health and happiness so much desired.—Philadelphia Press.

Do you know the quickest way to cure a pain or bruise, a burn or scald? Such injuries are very common and can be cured quickly if properly treated. Mr. J. M. Amerman, of Park, P. O., Columbia Co., Pa., says: "I have never found anything to compare with Chamberlain's Pain Balm for sprains, bruises and burns. We have used it in our family for several years and that we can not do without it." For sale at 25 and 50 cents per bottle by J. H. Chamberlain, Druggist, Boston, Mass. Write to J. H. Chamberlain, Druggist, Boston, Mass., for a free trial.

Li Hung Chang's foreign visitors since his return to China noticed a marked change in his manner of address. He has lost much of his old brusqueness. The walking stick of General Grants, presented to him by Colonel Fred, of Chicago, in New York.

While cutting timber at Bethel, N. H., a man fell through a hole in the ground and found himself in a cave where there were household articles of all sorts, cooking utensils, a gun and a bottle of jam. It had been occupied, evidently, not long before, and the authorities were called upon to start an investigation.

Prussia's high executioner, Herr Reinhold, being about to retire, hundreds of applicants for his position had appeared. He gets \$37 for each execution and his traveling expenses.

ST. BERNARD COAL COMPANY

Miners and Shippers of **COAL AND COKE.**

General Office, Earlington, Ky.

Branch Offices.

A. M. CARROLL, Manager, 317 Union Street, Nashville, Tenn.

S. H. NEWBOLD, Manager, 342 W. Main Street, Louisville, Ky.

R. G. ROUSE, Manager, Palmer House, Broadway, Paducah, Ky.

CAPT. T. L. LEE, Manager, Cor. Main and Auction Sts., Memphis, Tenn.

A. S. FORD, Manager, 327 Upper Second St., Evansville, Ind.

Wholesale Agents, JOHN T. HESSER, Hauser Building, St. Louis, Mo.

J. W. BRIDGMAN, Room 85, Hartford Building, Chicago, Ill.

Keep a Sharp Lookout for Fresh Items of Interest to the Retail

COAL and COKE TRADE, which will appear from time to time,

permanently occupying this space.

ST. BERNARD COAL COMPANY.



St. Bernard Coal Tipples on Tennessee River, at Paducah, Ky., for Supplying Steamships

Famous No. 9 Coal, for all uses, from Earlington, Diamond and St. Charles Mines. Only Vibrating Screens and Picking Tables used. THE BEST SELECTED COAL IN THE MARKET.

Crushed Coke for Base Burners and Furnaces.

Why buy High-priced Anthracite Coal, when you can get ST. BERNARD CRUSHED COKE for a much less price? One ton of the Crushed Coke will do the same work as one ton of the best Anthracite Coal.

ASK YOUR DEALER FOR IT, AND SAVE MONEY

A Smart Engineering Feat.

From the London Times. An interesting piece of rapid structural engineering work was accomplished on the Great Eastern Railway system some time since. The railway bridge over the River Ouse, on the London and Norwich main line, near Ely, was completely removed, and a new wrought iron bridge of one span, of some 300 tons of dead weight and 130 feet long, erected in its place.

The night was extremely dark, and the work was rendered somewhat difficult by the prevailing high wind and heavy gusts of rain. About 1.30 a. m. operations were begun by removing the rails and upper cross-timbers. Half an hour later the first of the iron girders, which numbered twenty in all and weighed about six tons each, was lifted off by powerful steam cranes and shunted on to trucks. The work was completed by 7.30 a. m. Preparations were now made for placing the new bridge into position. This was effected by slowly hauling the entire structure by means of powerful winches fixed on river banks. The bridge itself rested on trolleys running on rails laid along the abutments. The next business was to relieve the trolleys of their 300 tons of dead weight and to lower the bridge by powerful hydraulic jacks on to its permanent supports. This done, rails were laid, the permanent way was made good, and the main line connection completely restored, with a delay to only one train of the ordinary Sunday service.

For Descent Parties. I am permanently located in Madisonville and would be pleased to wait on any person needing work in my line. All work will be fully guaranteed and done at the following low prices: Coals or White Lignite, 50c; Silver Lignite, 75c; Gold Lignite, \$1.00; and Gold Lignite, \$1.25. Logan Crows, \$1.50; and Gold Lignite, \$2.00. See me at my home, 100 West Main Street, Madisonville, Ky. I will be glad to have you call on me over Dr. Long's Drug Store, Telephone No. 1, Madisonville, Ky. Very respectfully, J. N. VICKERS, D. D. S.

You Can Get It.

If you should get some names and fail to get twenty-five, we will pay you 10 percent for what you get, so you see it will be good pay any way you take it.

THE BEE,

\$1.00 PER YEAR.

There are two new books at the reading room: The letter of the Methodist church had a fine display Christmas. The boys of this town ought to be proud for their good conduct.

Her. H. H. Carter, preacher in charge of the A. M. E. Zion church, recently held a meeting in Evansville, Ind. He reports the meeting continued eight days and that "twenty-two were converted, and seven reclaimed."

MORTONS GAP. Mr. and Mrs. Cuyler, of Madisonville, were here Sunday. Mr. I. Mitchell, of Danville, Ill., is here visiting relatives and friends. Mrs. Sallie McInnis, of Madisonville, is visiting Mrs. Mary Berry.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.

L. & N. RAILROAD

THE GREAT THROUGH TRUNK LINE between the cities of Cincinnati, Lexington, Louisville, Evansville, St. Louis, and the cities of Nashville, Memphis, Montgomery, Mobile and New Orleans. Without Change and SPEED UNRIVALED.

SHORTEST AND QUICKEST ROUTE from St. Louis, Evansville and Henderson to the SOUTHEAST AND SOUTH!

THROUGH COACHES From above cities to Nashville and Chattanooga, making direct connection WITH PULLMAN PALACE CARS For Atlanta, Savannah, Macon, Jacksonville and Points IN FLORIDA.

Connections are made at Guthrie and Nashville for all points North, East, South and West in Pullman Palace Cars.

EMIGRANTS Seeking homes on the line of the road receive special low rates. See agents of this company for rates, routes, etc., or write to C. P. ARMOUR, G. P. & T. A., Louisville, Kentucky.

ONLY A NIGHT'S RIDE... Louisville to Memphis

THE LIMITED The Fastest and Finest Train making direct connections to points in MISSISSIPPI, LOUISIANA, ARKANSAS, TEXAS, OKLAHOMA, MEXICO, and CALIFORNIA.

Ask for Tickets via the Great Eastern and West Tennessee Railroad. C. R. RYAN, Passenger and Ticket Agent, Louisville, Ky. J. H. SCHULTZ, Gen'l Manager, Louisville, Ky.

Hotel Lucile \$2.00 A Day

J. W. PRITCHETT, Proprietor, Madisonville, Ky.

EVANSVILLE ROUTE THE TRUNK LINE TO THE NORTH

ROUTE OF THE CHICAGO AND LIMITED THE ONLY Pullman Ventilated Train Service to New York and Great Lakes.

FROM THE SOUTH Ferre Haute, Indianapolis, CHICAGO, Milwaukee, St. Paul.

TO THE NORTH AND NORTHWEST. R. ROGERS, G. P. & T. A., Evansville, Ind. H. B. GRISWOLD, G. P. & T. A., Chicago, Ill.

GROVES

MAKES CHILDREN FAT AS PIGS

TASTELESS CHILL TONIC IS JUST AS GOOD FOR ADULTS. WARRANTED. PRICE 50c.

ST. CHARLES, KENTUCKY.

THE KING OF DRUGGISTS' Sundries, Prescriptions Carefully Compounded.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.

A HANDSOME ILLUSTRATED CATALOGUE OF THE BRYANT & STRATTON BUSINESS COLLEGE, LOUISVILLE, KENTUCKY. BOOK-KEEPING, SHORTHAND, TELEGRAPHY, PENMANSHIP, ETC. Unparalleled Facilities for Learning and Advancement. Rates Very Low.

Scientific American PATENTS. TRADING MARK. DESIGN PATENTS. COPYRIGHTS. For information and free catalogue, write to Scientific American, 415 Broadway, New York City.

AN IDEAL FAMILY MEDICINE. Do not be deceived by cheap imitations. Buy the genuine. Chamberlain's Cough Remedy, 100 West Main Street, Madisonville, Ky.

THE NEW LIVING MACHINE. Do not be deceived by cheap imitations. Buy the genuine. Chamberlain's Cough Remedy, 100 West Main Street, Madisonville, Ky.

John C. Morton, Banker, Madisonville, Ky. Transacts a General Banking Business.

DR. MENDELHALL'S CHILL AND FEVER CURE. GUARANTEED TO CURE CHILLS AND FEVER. Do not be deceived by cheap imitations. Buy the genuine. Chamberlain's Cough Remedy, 100 West Main Street, Madisonville, Ky.

DRUGGIST, ST. CHARLES, KENTUCKY.

GEORGE KING, DRUGGIST, ST. CHARLES, KENTUCKY.

FANCY CHINA BEAUTIFUL assortment of New China, Dinner Sets, Fancy Plates, Dishes, Tea Pots, Sugars, Creams, Tea Sets—everything you need or want in this line at St. Bernard General Store.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.

Dr. Carlisle's German Liver Purgative is the cheapest, purest and best family medicine in the world for Dyspepsia, Constipation and other ailments. It has a clear guarantee in case. Price 25c at Dr. J. H. Chamberlain's Drug Store. Subscribers for Tax Ex.